

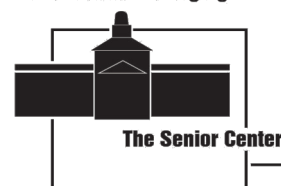
# COMING OF Age

Your Center for Connection

Published Bi-Monthly  
Issue #2 Volume VIII

City of Newton  
Department of Senior Services

Newton Council on Aging



Newton Senior Center ■ 345 Walnut Street ■ Newtonville, MA 02460 ■ 617-796-1660 ■ [www.newtonseniors.org](http://www.newtonseniors.org)

## March - April 2015

### Welcome New Staff to the Department of Senior Services!

We are very excited to introduce you to three new staff people. Make sure you stop by to say hello and welcome .... And to share any ideas you may have for new programs and services.

**Ilana Levine** is our new **Program Coordinator**. Ilana comes most recently from Brandeis University's Osher Lifelong Learning Institute (BOLLI). Ilana used her skills to help over 500 members create "a year-round community of intellectually curious adults." Ilana has her Bachelors and Masters Degrees from Brandeis. She speaks Spanish and loves to travel, play kickball and read.

**Sandy Lopes** is one of our new **Social Service Case Managers**. Sandy most recently comes to us from the Metropolitan Boston Housing Partnership where she worked in homelessness prevention and stabilization through community based services. She is a graduate of UMASS Boston with a dual degree in Sociology and Criminal Justice. She served as a volunteer throughout parts of Africa, South America and Europe. She speaks Portuguese, Cape Verdean Creole and Spanish.

**Emily Kuhl** is our other new **Social Services Case Manager**. Emily most recently came to us from Springwell (our local state elder service agency) as a Caregiver Specialist where she collaborated with family caregivers of elders and persons with disabilities to provide advice and resources for care of a loved one. Emily received her Bachelors degree from St. Michael's College in Vermont and her Masters in Counseling from Framingham State College. She also enjoys yoga and plays flute for the Middlesex Concert Band in Wakefield.

### New Brain Wellness Series

The **Brain Wellness Series** will familiarize participants with eight components of brain wellness, the science behind them and how to practice them in daily life. The presenter, Yuval Malinsky, is CEO of Vigorous Mind, Inc. a Newton-based company that specializes in brain wellness for seniors.

The program is an eight week series starting Wednesday March 4th –April 22 , 1:00-2:00 p.m. Cost; \$50.00/ person. Each session will include 30 minutes of a lecture about the relevant science and then 30 minutes of brain exercises and brain stimulating activities. To register and for more information please contact Ilana Levine @ 617-796-1670 or [llevine@newtonma.gov](mailto:llevine@newtonma.gov)

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## Veteran's Center



### Veteran's Center

First Tuesday of every month

Newton Senior Center, 345 Walnut Street

5:30 - 8:00 p.m.

This regional Veterans Service Center, is a place for veterans of all ages and branches of the service to congregate, socialize, and access a range of services including jobs, education, housing, financial, legal and health among other areas. We hope you will stop in and join us. Residents 60+ can use yellow voucher transportation.

## Senior Center Notes

### Alderman Constituent Hours at the Newton Senior Center

*Alderman Vicki Danberg*

Weds. March 18th and April 15th: 10:00 am.

*Alderman Emily Norton*

Friday, March 27th and April 24th: 9:00am.

### Dialogue with the Director

Monday, March 9th 12:00 p.m., Friday April 17th, 12:00

Join Jayne Colino, Director, Department of Senior Services, for an informal discussion.

### Disclaimer

We thank the advertisers featured in this newsletter for their support. They make the printing of the *Coming of Age* possible. The Center does not specifically endorse any service or product advertised herein.

**MetroWest Legal Services** provides free legal assistance to seniors in civil matters in the following areas: housing, government benefits, health insurance, advanced directives, and for some consumer and domestic relations matters. Call 1-800-696-1501 for an intake.

### Senior Center Meals

Lunch Monday-Friday, 11:45 a.m.

To reserve call 617-796-1660 by 11:00 a.m. the previous day. A voluntary donation of \$2.00 is suggested per meal. *Springwell makes these lunches possible.*

### The Senior Center will be closed on the following days:

Monday April 20th for Patriot's Day

### Tax Season is Here

The Newton Senior Center in conjunction with AARP is ready to help you prepare your taxes for filing. The Senior Center is accepting calls to make appointments. Don't wait.

- Appointments are held during the center's regular hours of operation: 8:30-4:00 p.m.
- Those eligible must be 50 years or older.
- Complex returns will be referred to private tax preparers.
- Returns will be promptly e-filed.
- The tax aides working on the forms have been trained by AARP and are volunteers.
- Those wishing to make a donation to the senior center in thanks for this service may do so by writing a check to the Newton Senior Center and leaving it in the office on the Mezzanine.
- To make an appointment call 617-796-1660.

Transportation is offered Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. With last year's addition of village centers, the City of Newton is almost totally accessible to you by our transportation program!

Requirements and more information can be found at [newtonseniors.org](http://newtonseniors.org)

### Here's where you can go:

**Grocery shopping** to any of the Newton markets. Including food pantries and the Farmer's Market

**Library** - (including Sundays, except in July and August).

**City Hall & Newton Senior Center**

**Medical appointments** within Newton

Medical appointments at the following destinations **outside of Newton**:

Wellesley – anywhere on Walnut Street; 1, 25, and 27 Washington Street; 173, 195 and 230 Worcester Street


Chestnut Hill – 830, 850 and 1244 Boylston Street

Faulkner Hospital and St. Elizabeth's Hospital

**Houses of worship** within Newton for religious services only

**Long term care facilities** and hospitals within Newton to visit a loved one

**All Village Centers**– contact Alice Bailey 617-796-1664 for complete definitions of village center addresses



A grey star throughout this newsletter signifies that transportation is provided by the Yellow Voucher System!

## More Opportunities

### Group Piano Lessons for Seniors at the Newton YMCA

7 week session, starting March 25th  
Beginners 10:45a.m. / Intermediate 9:45 a.m.  
Members \$160; Non-Members \$192

It's never too late to learn! Join YCCA educator, Izabella Sahakian, and learn to play the piano in this fun and relaxing group setting. Learn to read music and improvise, construct play songs of your choice, and compose your own music!

Contact: Kevin O' Connell at 617-244-6050 x 3028 or [kevino@westsuburbanymca.org](mailto:kevino@westsuburbanymca.org)

### Exercise Study for Helping Elders with Chronic Pain

We are actively recruiting older adults for the Helping Elders Living with Pain (HELP) study, the goal of which is to determine whether simple body exercise or mind-body exercise has a better effect on improving health in older adults who have chronic pain. If you are aged 65 or older, experience pain in 2 or more body locations, and are generally not doing regular physical activity, you may be eligible to join the study.

All participants attend two assessment sessions which take place on the UMass Boston Campus (transportation to and from UMass is provided for those who need it). The exercise classes are held at the Bishop Mackenzie Center in Newton Center. The exercise programs run for 12 weeks and you will be asked to attend a one hour exercise class twice a week. You will also be encouraged to perform a home exercise program once per week.

If you are interested in learning more about the HELP study, please call the study phone line at 617-287-7394. More information about the UMass Boston study can be found on the study website: <http://www.umb.edu/helpforelders>.

### Shedding Light on Sugar

#### At the Wellesley Council on Aging

Friday, March 27  
10:00 am

You are invited to the Wellesley Council on Aging 219 at Washington St for presentation by a Newton Wellesley Hospital Registered Dietitian. The presentation will review the basics of sugar knowledge, including definitions of sugars, what it means for your health, label reading and simple changes you can make to improve your diet. Light refreshment provided.

## Learn how to use "Solocho"

Tuesday, March 3rd, 1:00

Solocho is a web site that allows people to post chores they need done and matches those chores to local students who want to make some pocket money. If you want help with things around the house like yard work, light painting, or snow clearing, you can use Solocho, and you will also be helping build the local community by hiring a local student. In this session you will learn:

- How to post your chores
- About how we keep your information private
- What chore flow means
- How to see and write reviews
- Please feel free to bring your computer!

To register, contact Ilana Levine 617-796-1670 or ilevine@newtonma.gov

## Tiger's Loft Lunch

Tuesdays March 3 and April 7

12:15-1:30

Enjoy an amazing meal at Newton North High School's restaurant The Tiger's Loft prepared by students in the culinary arts program. \$5.00/person. Pre-registration and pre-payment is required. Transportation available. Contact Ilana Levine at 617-796-1670 to register.

## Theater Workshop

Meets Mondays, through April 6th  
10:00 a.m. - 12:00 p.m.

New day, same great program! Work with monologues, scene studies and try some improvisation. No prior experience needed. Come to explore acting, theater and plays in a supportive atmosphere. Facilitated by volunteers Gerry and Phil Paquet. Free.

## Hearing Screening

Thursday, Mar. 10th and April 14th  
Newton Senior Center  
11:00 a.m. - 1:00 p.m.

Get a free hearing screening with a representative from Mass Audiology. If you already have hearing aids, they can clean them and replace the batteries. Appts. are ten minutes. **Registration required.** Free.

## Newton Men's Club

*Second Thursday of the month:*

Johnny's Luncheonette, 30 Langley Road, Newton Centre,  
March 12 and April 9th-9:30 - 10:30 a.m.

*Fourth Thursday of the month:*

Newton Senior Center, March 26 and April 23rd- 10 - 11 a.m.

Enjoy good conversation--all retired and semi-retired men are welcome! This club gives you the opportunity to meet with men with similar interests and backgrounds and others with varied interests and vastly differing backgrounds, but all will have an interesting story to tell.

## Birthday Celebration

Tuesday, March 17 and April 21-12:00 p.m.

Come celebrate January and February birthdays! Enjoy cake and good cheer! All are welcome. Sponsored by Newton Health Care Center. If your birthday falls in these months, register at the front desk, 617-796-1660, so we can share a small gift. Free.

## Medication Safety Presentation

Thursday, March 19th  
10:30

Please come hear from Sarah Militello, nursing student at Boston College, about how to ensure safety while taking your medications. You will see a demonstration about how to use a medication planner, and you will have the opportunity to ask any questions you may have about medication safety.

## Book Club

Friday, March 20 and April 17  
10:00 - 11:30 a.m.

In March we will discuss Someone by Alice McDermott. In April we will discuss My Beloved World by Sonia Sotomayor. All are welcome! Free.

## Short Story Discussion Group

Thursday, March 26 and April 30  
10:30 - 11:30 a.m.

This monthly group discusses one selected story. Copies of the next short story can be picked up at our reception desk or available on our website. Facilitated by Ditta Lowy. Cost: Free

## Spring Fling!

Intergenerational Festival  
Saturday, March 28

12:00 - 3:00 p.m., Newton North H.S.  
This special event, co-sponsored by the student volunteers of Newton ASC and the Newton Senior Center, will feature entertainment, lunch and fun. This event unites the students and seniors of Newton for an enjoyable afternoon.

Newton ASC is a completely volunteer run high school community service organization formed in 2003. It was created to provide opportunities for youth across the City to work together to give back to the community.

**There is no charge for the lunch and activities but space is limited. Registration is required. RSVP by calling the Newton Senior Center at (617) 796-1660**

## Save the Date Second annual Senior Prom

Thursday, May 14th  
5:00p.m.  
American Legion  
Post 440  
Come enjoy  
An Evening in Paris

More details to follow.



## Low Vision

Monday March 2 and April 6  
1:00 p.m.

All are welcome to this monthly group, sponsored by the Mass. Association for the Blind. For questions or more information, please contact Laurie Werle at 617-926-4268.

For questions or more information, please contact Laurie Werle at 617-926-4268.

**Share your sight** and volunteer w/ a visually impaired individual. Help as a reader, bring someone grocery shopping, or help w/ paperwork. Contact Kyle at the MA Association for the Blind & Visually Impaired for more info (617) 926-4312, [krobi-doux@mabcommunity.org](mailto:krobi-doux@mabcommunity.org) or visit [www.mabvi.org](http://www.mabvi.org)

## Parkinson's Support Group

Monday, March 23 and April 27  
10:30 - 11:30 a.m.

People with Parkinson's Disease, caregivers and family members are all invited to attend. This is a forum to share experiences and learn from one another. Facilitated by James Demicco, retired primary care M.D. with a 10 year history of Parkinson's.

## Movie Matinee 1:00 P.M. WEDNESDAYS

### March 4:

**Ida** Raised in a Catholic orphanage during the Nazi occupation of Poland, Anna is poised to join the order when she learns she has a surviving aunt. But visiting the woman before taking her vows uncovers some inconvenient truths about her heritage. 2013, PG-13, 82m



2014, R, 115 m

### March 18:

**A Most Wanted Man** A half-Russian, half-Chechen man, brutalized by torture, arrives in Hamburg, where he seeks a British banker's



help in recovering his father's estate. But the man may not be all he seems to be in this riveting adaptation of John le Carré's novel. 2014, R, 122m

### April 1:

**The Butler** Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. 2013, PG-13, 132m



### April 15:

**Love is Strange** After 28 years together, Ben and George finally get hitched. But when the marriage raises controversy at the school where George works, he's fired. Unable to afford their New York City apartment, the couple is forced to live apart. 2014, R, 94m



## More Programs

## Upper Falls and South Side Senior Groups

### From the Newton Free Library: iPad Level 1

Monday, March 16th 2:30-4:30 p.m.

Monday, April 6th 2:30-4:30 p.m.

This class is for beginners, held at the Senior Center. We cover very basic functions of the iPad. Starting with identifying all the buttons and learning terminology. The objective is to make new iPad users more comfortable their device. Space is limited, sign up for either class! **Must Bring Apple ID & Password. Cost: Free**

Anita Sheehan hosts two groups for older adults at Parks and Recreation buildings, one in Newton Upper Falls at the Emerson Center and the other on the South Side at the Shuman Center, 675 Saw Mill Brook Parkway. Meet new people in these neighborhoods!

**Upper Falls:** Wednesdays, 10:00- 11:30 a.m.

- ♦ Bingo: March 4 and 25 , April 8 and 29
- ♦ Left, Right, Center dice game: Mar.18, April 1
- ♦ Entertainment: Honky Tonk Man March 11
- ♦ Entertainment: Tony Oldies but Goodies April 15

**South Side:** Thursdays, 9:30 – 11:30 a.m.

- ♦ Bingo: March 5,12,26 and April 9,16,30
- ♦ Left, Right, Center game: March 19 and April 2nd.

## Fitness Classes: All are welcome! \$2 donation paid in each class unless otherwise noted. Drop in! \*\$3 class, °registration required

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
8:45 a.m. Tai Chi*	9:00 a.m. Aerobics	10:45 a.m. Beyond	10:00 a.m. Beg. Tai Chi*	9:00 a.m. Aerobics
10:00 a.m. Zumba Gold	10:30 a.m. Muscle Cond.	Balance°	Sponsored in part by Wingate	10:30 a.m. Muscle Cond.
12:45 p.m. Beyond			11:00 a.m. Tong Ren	
Balance°			11:45 a.m. Tai Chi*	
2:00 p.m. Yoga: chair			1:00 p.m. Yoga: chair	
4:00 p.m. Nia			2:00 p.m. Yoga: mats	
			(mats provided)	

### Beyond Balance, \$50 for 8 weeks

*Mondays, 12:45 - 1:45 p.m.*

Current class (2sessions remain): Mar 2 , Mar 9

New session March 16, 23, 30, April 6, 13, 27, May 4

*Wednesdays, 10:45 - 11:45 a.m.*

Current class ( 5 sessions remaining): March 4, 11, 18, 25, April 1

New session: April 8, 15, 2, 29, May 6,13, 20, 27



## Fitness Class Program Descriptions

### Aerobics

Instructor: YMCA instructor

An hour-long cardio workout that includes a warm-up, cool-down and some use of light weights.

### Beyond Balance

Instructor: Robin Resnick

Beyond Balance is a strength training class that targets all the major muscles in the body. In addition, there is a focus on exercises that enhance balance and core (abdominal) work.

### Nia

Instructor: Mary Stevenson

Find out what everyone's talking about! Nia a full body workout that promotes flexibility, stability, and strength. Combining movements and concepts from yoga, tai chi, aikido, jazz and other movement forms, Nia offers

traditional fitness benefits and relaxation. Led by Mary Stevenson, certified instructor. All are welcome!

### Muscle Conditioning

Instructor: YMCA instructor

An hour-long weight-based program that targets all muscle groups.

### Tai Chi

Instructor: Aaron Crawford

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints.

### Tong Ren

Instructor: Aaron Crawford

Tong Ren is a powerful healing energy treatment used to help people restore their health. It is based on the principle that many diseases are caused by physical blockages that interrupt the body's natural flow of "chi."

### Yoga

Instructor: Steffi Shapiro

These yoga classes place an emphasis on gradual stretching at your own pace, without stress or strain and integrating what is learned into a daily holistic lifestyle.

### Zumba Gold

Instructor: Mary Stevenson

A dance inspired workout for the young at heart! An hour-long cardio program set to upbeat Latin tunes.

## Art Classes:

Research shows that art is important for all ages, and improves cognitive function. Try a new class and explore your creative side!

### Ceramics, \$50 for 8 weeks

Thursdays, 12:30 - 2:00 p.m.

Current session (4 sessions left): March 5, 12, 19, 26

New session: April 2nd-May 21st

Create 3D platters and sculptures or glaze molded pieces.

Table top wheel and slab roller now available. Instructed by Bet Lee.

6 Registration required, call 617-796-1670.

### 2D Open Studio, Free

Wednesdays, 9:30 - 11:30 a.m.

All are welcome to use the art room and work with fellow artists in our well-lit space. Local artist David Wenstrom offers instruction and guidance.

### 3D Open Studio, Free

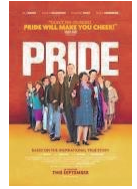
Tuesdays, 1:00 - 3:00 p.m.

Bring your own materials and enjoy the creative setting.



### **PACT: Pride Aging Community Together**

**March 24: Dinner and a Movie, \$6 - *Pride*** In an unlikely alliance, striking British mineworkers draw support from a coalition of gay and lesbian activists who solicit donations to help tide over the miners' families during the 1984 standoff with Prime Minister Margaret Thatcher's government. 2014, R, 120m.



RSVP to Ilana Levine 617-796-1670 or ilevine@newtonma.gov

**April 28:** TBA

**All Tuesday events begin at 6:30 p.m. Location:** Newton Senior Center, 345 Walnut Street, Newtonville. Parking Available in Municipal Lot MBTA Bus 59 drop off in front of building and MBTA Bus 503 & 504 run down Washington St.

**Monthly Advisory Meetings** – are the third Monday of each month @ 6:30 p.m. All Welcome. Come help us plan!!

### **The Yale Ballroom Dance Team**



#### **Back by Popular Demand**

#### **Ballroom Dance Performance and Lesson**

Tuesday, March 10

American Legion Post 440, 295 California Street

1:00 p.m. - 2:30 p.m.

The Newton Parks and Recreation Department and the Newton Senior Center are pleased to present the Yale Ballroom Dance Team's showcase.

The showcase will have a variety of performances by the 15 tour members, a combination of 10-12 dance showpieces ranging from waltz, tango, and foxtrot to cha-cha, rumba, and bolero.

An interactive seminar will follow the showcase and will consist of a fun lesson for the audience, to give them a chance to learn a few easy dance steps and figures.

All are welcome, no partner or experience necessary!

Refreshments will be served. Transportation is available. For more information please call Nancy at 617-796-1506.

## With Gratitude

Thank you for the following donations:

• Sue Rasala in celebration of Ena Lorant's 80th birthday • Buena and Alan Pearlman in appreciation of the Senior Center • Arthur and Harriet Thompson in appreciation of the Senior Center • Doris Lelchhook in memory of Marion Steinberg • Mary Mazzola in appreciation of the Senior Center • Mary-Ann Greene in appreciation of the Senior Center • Joseph and Tanja Verovsek in appreciation of the Senior Center • Donald Nelsen in appreciation for the wonderful Spanish classes • Ruth Kramer Baden in appreciation of SHINE • Elaine Abramowitz in memory of Suzanne Solon •



### Caregiver Coach Program

The **SOAR 55 Caregiver Coach Program** is an effort led by SOAR 55 to recruit, train, place and support volunteers who provide one-on-one peer assistance to caregivers. Caregiver Coach volunteers are trained in the *Powerful Tools for Caregivers* curriculum to offer both social/emotional and practical supports to adults challenged with overseeing the health care of an elder. Caregiver Coaches are screened by SOAR 55 via an in-person interview, reference checks, and a Criminal Background Check.

Caregiver Coach volunteers are matched with a local caregiver with whom they meet on a regular basis (weekly or bi-weekly) for a minimum of 6 months. The "meeting" could be in-person over a cup of coffee or by phone. They are your peers who are familiar with the caregiver experience and want to help someone else who is going through the challenging and rewarding journey of caregiving.

Interested caregivers are invited to find out more about the Caregiver Coach Program. Please contact Debra Mozill at 617-969-5906 x190 or at [dmozill@soar55.org](mailto:dmozill@soar55.org). For more information on SOAR 55 and the Caregiver Coach program, you can also visit our website at [www.soar55.org](http://www.soar55.org).

## CITY OF NEWTON PARKS AND RECREATION 55 and over programs

### Special Invitation to the Paint Bar March 25<sup>th</sup>

Here is your opportunity to experience something different and fun. What is the Paint Bar? It is a little painting, a little wine and a lot of fun! This unique experience will allow your inner artist to explore in a welcoming atmosphere. Mother and daughter duo will guide you, brush stroke by brush stroke, from blank canvas to masterpiece. You don't need an ounce of artistic skill to enjoy an afternoon of painting with friends and welcoming spring! For more information contact Nancy at 617-796-1506 **Cost \$36.00**

### Line Dance Lessons

Friday mornings are alive with music and dance at the Lower Falls Community Center. Find your dancing shoes and join us for some healthy fun! This class is perfect for beginners and experienced alike. No Partner\* No Special Clothing \* No Talent Necessary\* **Cost \$5 per class.** Please call Nancy at 617-796-1506 for registration

### Day Trip to the Irish Village

This month's day trip will be celebrated on St Patrick's Day at the **Cape Cod Irish Village** with the well known Fintan Stanley. Meal choices include Irish stew, corned beef or fish. We will enjoy an afternoon of Irish fun, food and celebration. If time allows, we will make a quick stop at the Christmas Tree Shop to complete our day. Please call Nancy at 617-796-1506 for registration.

### Tennis Starts in April

Tennis is a sport that can be played at any age. Although some seniors may be less mobile than younger players, they can still learn to play the game and accrue numerous health benefits from it, including improved cardiovascular health and bone density. Our tennis program runs on Tues & Thur, 8-10 A.M at the Warren Courts. Call 617-796-1506 for registration.



Serving Health Insurance Needs of Everyone

## Does Medicare cover fitness programs?

While Original Medicare does not cover gym memberships or fitness programs, some Medicare Advantage (HMO or PPO) plans and Medicare Supplement Insurance (Medigap) plans do. Many offer a Fitness Benefit that can save you up to \$150 per calendar year in qualified health club membership fees and exercise classes. Some plans offer the Silver Sneakers program. Fitness classes available at senior centers may also be eligible for reimbursement.

Contact your plan to get information about what fitness benefits it offers. Make sure you don't miss the deadline for getting reimbursed for fitness expenses you paid in 2014!

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call the Senior Center at 617-796-1660. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

### Nutrition Presentation

March is National Nutrition Month! Join Springwell Dietitian Aneta Braam to learn more about the benefits of whole grains and ways to add them to your diet on Thursday, March 5th, during lunch at the Senior Center.



## Healthy Tid-Bits

From the City of Newton  
Health & Human Services Department

### Diabetes: How does it affect you?

As we age, the risk of developing Type 2 Diabetes increases. People get Diabetes when their blood sugar is too high. Diabetes can lead to dangerous health problems such as heart attack and stroke. About half of all diabetes cases occur in people aged 60 or older. More than 10 million people in the U.S. aged 60 or older have diabetes.

#### Risk factors for type 2 diabetes include:

- Overweight or Obesity
- Having a close relative with diabetes
- African American, American Indian, Pacific Islander or Hispanic/ Latino heritage
- Prior history of Gestational diabetes
- High blood pressure or abnormal cholesterol

The good news is there are things you can do to take control of diabetes and prevent problems. Talk with your doctor about your risk and see if you need a blood test; maintain a healthy weight, exercise regularly; take your medications as prescribed.

### Health Maintenance Clinics

Get your blood pressure taken, ask a medication question or consult with the public health nurse!

#### Newton Senior Center– NOW WEEKLY!

March 6th, 13th, 20th & 27th 10:30-11:30am

April 3rd, 10th, 17th (**NO CLINIC the 24th**)  
10:30-11:30am



#### Newton Free Library

March 16th & 30th 9:00am-11:00am

April 6th & 27th 9:00am-11:00am

The Senior Citizens Fund of Newton  
PO Box # 600488  
Newtonville, MA 02460

Non-Profit Org  
U.S. Postage  
PAID  
Boston, MA  
Permit #52475

### Newton Department of Senior Services

Phone 617-796-1660 Fax 617-969-9560

[www.newtonseniors.org](http://www.newtonseniors.org)

Monday - Friday, 8:30 a.m. - 4:00 p.m.



#### Staff, 617-796-XXXX

Jayne Colino, Director, 1671  
Alice Bailey, Executive Administrator, 1664  
Lucy Bedigian, Lunch Site Manager, 1668  
Ken Doucette, Custodian, P.M.  
John Flynn, Custodian, A.M.  
Linda Johnson, Administrative Assistant, 1665  
Emily Kuhl, Case Manager, 1672  
Ilana Levine, Program Coordinator, 1670  
Sandy Lopes, Case Manager, 1663  
Rachel Nenner-Payton, Dir. of Social Services, 1282

#### Council on Aging Members

Nancy Brown, Treasurer	Susan Paley
Audrey Cooper	Carol Rose
Holly Gunner	Carol Ann Shea
Rev. Howard Haywood	Diane Sostek, Vice Chair
Marian Knapp, Chair	

#### Advisory Board

Elizabeth Dugan	Naomi Krasner	Eric Rosenbaum
Chryse Gibson	Ena Lorant	Nancy Scammon
Jo-Edith Heffron	Donna Murphy	Tom Shoemaker
Adele Hoffman	Ernest Picard	Ellen Wade
	Joyce Picard	

#### *Mission*

The mission of the Department of Senior Services is to optimize quality of life for older adults and those who support them through welcoming, respectful and meaningful opportunities that engage and value older people, and empower them to remain independent and to be important assets in our community.

#### *Vision*

To provide sustained leadership that helps Newton be a livable and age friendly community for all who choose to age here.

#### *Statement of Welcome*

The Newton Department of Senior Services welcomes the diversity of our senior community and strives to reflect our values of inclusion and mutual respect through supportive services, programs and advocacy.

*The Newton Senior Center/Council on Aging is a program of the Department of Senior Services, with funding made possible by the Newton Community Development Block Grant Program (CDBG). The publication of Coming of Age is sponsored by the Executive Office of Elder Affairs and the Senior Citizen Fund of Newton, Inc.*